

Report

The session on “Effective Stress Management in Modern Times” was organised by Internal Quality Assurance Cell in association with BSE- SGGSCC Centre of Excellence on 15th Jan 2020 in the College Lab at 1.00 P.M. The session began with Principal Dr. JB Singh throwing light on increasing levels of stress among students, teachers and society at large and the need to understand the causes and techniques to manage and tackle stress.

Dr Ishita Bharadwaj started her lecture by throwing questions to students such as what is stress? Is it always bad ? How is it different than anxiety? She answered these questions in very simple and interesting way using diagrams and real day examples. She interacted with the audience by asking about their goals and categorizing them into - Personal, Academic, Relational, professional and Social. She explained in detail the various reasons responsible for the increased level of stress among students and teachers in today’s time and emphasised on the need to identify the type of stress ,as many times it goes unidentified. According to her the need to fulfil the expectations of others from a person is usually the major cause of stress. In order to manage stress a person has to find answers to questions such as besides others expectations what is his expectation from himself and to decide how much is too much for him.